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UMaine Cooperative Extension 2015 Summer Eat Well Newsletter

University of Maine Cooperative Extension

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Summer 2015

Inside

- **Food Bites**
Salad Seasoning Chart
- **Kid's Korner**
Frozen Strawberry Sandwiches
- **Ask Eat Well**
Eric Thoreson
- **Food Safety Corner**
Let's Get Grilling
- **Eat Well Recipe**
Basic Grilling Marinade



Eat Well!

A Newsletter for Healthy Eating

Jazz Up Summer Salads!

By Kathy Savoie, Extension Educator

With summer upon us, consider using quick cooking whole grains instead of pasta in your favorite summer salad to jazz it up and boost the nutrition content.

Why should I choose whole grains?

Consuming whole grains may reduce the risk of:

- Heart Disease
- Diabetes
- Gastrointestinal Cancers

Whole grains can also help you maintain a healthy body weight. Whole grains contain fiber, which reduces constipation, aids in reducing blood cholesterol levels and in managing blood glucose, and keeps you full longer.

How do whole grains differ from refined grains?

Grains are the seeds of grasses.

Whole grains are grains that have all parts of the kernel including the bran, germ, and endosperm. Whole grains differ from refined grains due to processing. Refined grains contain only the endosperm. Because the bran and germ are removed in refined grains, the amount of protein, fiber, and other important nutrients are reduced. Often, refined grains are "enriched," meaning the lost nutrients are added back, but usually not to the same level as found in the original whole grain kernel.

Next time your getting ready to make a pasta salad, simply substitute a cooked and cooled whole grain in place of pasta in your favorite recipe. Follow the chart on page 2 for cooking guidelines.

Continued on page 2



Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

Type of Whole Grains (1 cup)	Liquid (per cup of grain)	Basic Cooking Directions	Yield
Quick -Cooking Barley	1¾ cups water or broth	Bring liquid to a boil; add barley. Reduce heat to low and simmer, covered, 10-12 minutes.	2 cups
Quinoa	2 cups water or broth	Bring liquid to a boil; add quinoa. Reduce heat to low and simmer, covered, 10-12 minutes.	3 cups
Par-Boiled Brown Rice	2¼ cups water or broth	Bring rice and liquid to a boil. Reduce heat to low and simmer, covered, until most of the liquid has been absorbed, about 30 minutes.	3 cups
Bulgur	1½ cups water or broth	Bring bulgur and liquid to a boil. Reduce heat to low and simmer for 10-12 minutes.	2 ¾ cups

Ask Eat Well!

Eric Thorenson

Community Education Assistant, Androscoggin-Sagadahoc Counties

Eric Thoreson has worked for the University of Maine Cooperative Extension Eat Well Nutrition Program for six years and has worked in food service for 30 years from line cook to service director.

He lives in Winthrop with his cats and his raspberry patch. Eric enjoys making raspberry jam and he is a member of the Winthrop Rotary Club, whose mission is to end hunger in the Winthrop area.

Eric serves as chef for the special olympics and is involved in the many food functions provided by the Withrop Rotary Club. He is a firm believer in service over self.



Q. How Can I Keep My Rice from Scorching?

A. The best way I have found to keep rice from scorching is to:

1. Add the right amount of water to the pot and bring the water to a boil.
2. Stir the rice into the boiling water.
3. Put the lid on the pot and keep it on ... No peeking!

4. Shut the heat off and let the rice steam for about 20 minutes or until it is done.





Kid's Korner

Frozen Strawberry Sandwiches

A cool and delightful summer treat!



Ingredients

- 1½ cups strawberries, fresh or frozen
- ¾ cup low-fat vanilla yogurt
- 12 graham crackers



Directions

1. Mash strawberries using a fork or potato masher. If using frozen strawberries, partially thaw before mashing.
2. Combine strawberries and yogurt in a mixing bowl. Mix well.
3. Snap each graham cracker in half.
4. Place a well-rounded tablespoon of the strawberry mixture on one cracker half. Place another cracker half on top to create a sandwich. Repeat to make 12 sandwiches.
5. Wrap each sandwich in plastic wrap, waxed paper, or a sandwich bag.
6. Put wrapped sandwiches on a flat surface in the freezer. Freeze for 2 to 4 hours.

Makes 12 servings

Serving Size: 1 sandwich

Nutrition Facts

Serving Size 1 sandwich (39g)
Servings Per Container 12

Amount Per Serving

Calories 45 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Food Bites

Salad Seasoning Chart

By Kate Yerxa, Extension Educator

Nothing says summer like picnics and salads. Homemade salad dressings are a great way to add flavor to your salads, while saving money. By following the basic recipe below, you can try different seasonings or use your favorite herbs and spices to create a family favorite recipe.

When making your own salad dressing, the basic ingredients are oil, vinegar (or another acid), and seasoning. When making your own dressing, following the ratio of 3:1 for oil to vinegar, then you can increase or decrease the amount of dressing you can make depending on your needs. By following the ratio, you will avoid making dressing that is too tart from too much vinegar, or too bland from too much oil.

1. Select **one** ingredient from each box below.
2. Put all ingredients into a container with a tight fitting lid.
3. Secure the cover and shake until all ingredients are combined.

Homemade salad dressings can be stored in an airtight container in the refrigerator for up to one week.

Oil – ¾ cup	
Olive oil	Safflower oil
Canola oil	Vegetable oil
Vinegar (or acid) – ¼ cup	
Lemon juice	White wine vinegar
Rice vinegar	Red wine vinegar
Cider vinegar	Balsamic vinegar
Seasonings – 1 to 2 teaspoons	
Herbs	Dijon mustard
Spices	Parmesan cheese
Garlic	

Eat Well! is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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Food Safety Corner

Let's Get Grilling!

By Kathy Savoie, Extension Educator

Many of us enjoy cookouts and backyard barbecues during the summer months. Unfortunately, barbeque season brings an increase in foodborne illness. Follow these guidelines to avoid foodborne illness when grilling.

Whether you are grilling, baking, or microwaving meat, fish, or chicken, defrost (thaw) your frozen food properly. The best way to thaw food is in the refrigerator, where it will remain safe at 40°F or below. It is best to plan ahead for slow, safe thawing in the refrigerator. Small items may defrost overnight. Most foods require a day or two.

When microwave-defrosting food, some parts may become warm and begin to cook during microwaving. So be sure to cook microwave-defrosted food right away.

Never thaw your food in hot water or leave it out on the counter all day. These ways of thawing are not safe and increase your risk of foodborne illness.

Make sure you have clean utensils, platters, and plates. To prevent foodborne illness, use different utensils and platters for raw meat and poultry than for cooked meat and poultry. Raw meat and poultry and their juices may contain harmful bacteria that can contaminate safely cooked food.

Keep meat and poultry in the refrigerator until they are ready to be grilled. Make sure the grill is ready and has enough fuel to cook your food completely.

Do not eat raw or under-cooked hamburgers made from ground meat or poultry. Harmful

bacteria may be present. To kill bacteria, thoroughly cook meat and poultry. Grilling can make the outside of meat look done when the inside is not. The inside should not be pink! Use a meat thermometer to test for doneness.

USDA Temperature Guidelines for Properly Cooked Meat	
Food	Safe Internal Temperatures
Beef, veal, lamb steaks and roasts	145°F
Fish	145°F
Pork (cuts)	145°F
Ground eat (beef, veal, pork, sausages, and lamb)	160°F
Egg dishes	160°F
Chicken, turkey, duck (whole, pieces, and ground)	165°F

Serve hot, grilled foods immediately. Put cooked food on clean plates. Do not reuse plates that were used to hold raw meat or poultry. Perishable foods should be eaten within two hours, or one hour if the outside temperature is above 90°F. Remember to keep cold foods cold (below 40°F) and hot foods hot (over 140°F). Keep food out of the danger zone of 40°F to 140°F.

Clean the grill after each use. Also, refrigerate any leftovers promptly. Divide larger quantities into small, shallow containers for faster cooling.

Adapted from UMaine Extension Bulletin. #4278, Barbecue and Tailgating Food Safety.



Quick and Easy Eat Well Recipe Basic Grilling Marinade



Use this basic grilling marinade to add zest to your next barbeque. A marinade includes an acidic ingredient (like vinegar or lemon juice) to help tenderize tough cuts of meat and oil to provide moisture. The seasonings will provide the flavor. Remember to always marinate raw meat, fish, poultry, or any perishable food in the refrigerator and not at room temperature.

Ingredients

- ½ cup oil
- 2-3 Tablespoons of lemon juice OR vinegar, any type
- 1 Tablespoon of any combination of fresh herbs, spices or garlic

Directions

1. Whisk the ingredients together.
2. Place item to be marinated in a glass dish or plastic bag (avoid aluminum) and pour marinade over, covering all surfaces.
3. Place in the refrigerator to marinate for 1-4 hours.